

Therapeutic and Psychological Support Services

RISE has developed this list of some of the local services providing therapeutic and psychological support. Please contact the services listed directly to make a referral or find out more information.

- **RISE online resources**

If you've been impacted by domestic abuse you may be experiencing symptoms of trauma. We've collected some resources and information that you can use them to help you with this. They can also help you understand the effects of what has happened to you better.

[Resources | RISE \(riseuk.org.uk\)](https://riseuk.org.uk)

- **Women's Aid Survivors online forum**

This Survivor's Forum is a safe, anonymous space for women (over 18) who have been affected by domestic abuse to share their experiences and support one another. You don't have to sign up to read the forums but if you want to introduce yourself, join in the discussion, and connect with other survivors then register for your own profile below.

[Survivors' Forum – Until Women and Children are Safe \(womensaid.org.uk\)](https://womensaid.org.uk)

NHS Services

- **GP Practice:**

Anyone who is struggling emotionally or needing mental health support for themselves or their child can approach their GP, who is the main gateway to other services in the NHS.

- **Wellbeing Service:**

Offers therapeutic services through the Improving Access to Psychological Therapies Service (self-referral can be made through the website)

Telephone: 0300 002 0060

Email: bics.brighton-and-hove-wellbeing@nhs.net

Website: <https://www.brightonandhovewellbeing.org/>

- **Sussex Mental Healthline:**

Telephone support and information. Available Monday to Friday 5pm to 9am, and 24 hours at weekends and Bank Holidays in East Sussex and Brighton and Hove.

Available 24 hours, seven days a week in West Sussex.

Call **NHS 111** and **select option 2** or dial 0800 0309 500

Calls from hearing and speech impaired callers 0300 5000 101

- **Mental Health Rapid Response Service:**

The Mental Health Rapid Response Service [MHRRS] is a rapid assessment service for people suffering from mental health problems who are at risk and may not be able to keep themselves safe or are considering attending A&E for help with their mental health. MHRRS is available 24 hours a day, seven days a week, and health professionals, carers or patients can ring for advice.

Telephone: 0300 304 0078

Community Support Services

- **Community Roots now known as UOK**

Mental health and Wellbeing support in Brighton and Hove.

Telephone 0808 1961768 (Mon – Fri 9am-5pm)

Website: <https://www.communityroots.co.uk> / <https://www.uok.org.uk/>

- **Staying Well Space:**

The Staying Well Space (SWS) is an out-of-hours **mental health crisis prevention service**, provided at Preston Park Recovery Centre in Brighton. Open 7 days a week, 365 days a year (Mon-Fri 5.30pm-10.30pm, and weekends 3.30pm-10.30pm) The Staying Well service provides psychosocial support and crisis prevention planning.

Telephone: 0800 0236475 (Choose option 3)

Email: stayingwell.brighton@southdown.org

Website: <https://www.uok.org.uk/services/StayingWellBrighton>

- **Switchboard:**

A service for LGBTQ people affected by domestic abuse. They provide support to survivors through Independent Domestic Violence Advisors (IDVAs).

Telephone: 01273 359042

Email: domesticabuse@switchboard.org.uk

General Helpline: 01273 204050 (7-9.30pm Mon, Wed, Thurs)

Low Cost Therapy Services

- **Threshold Women's Services:**

Counselling, wellbeing groups and workshops for women.

Telephone: 01273 645400

Email: enquiries@bht.org.uk

Website: <https://www.safespacesussex.org.uk/providers/brighton-housing-trust-threshold/>

- **Psychology Sussex:**

Offers a range of therapeutic services (fees chargeable) plus lower cost psychological therapies with trainee practitioners

Telephone: 01273 778123

Email: Admin@PsychologySussex.com

Website: <https://psychologysussex.com/>

- **Survivors' Network:**

Counselling for women aged 14+ and young men aged 14-18 who have been affected by sexual assault, sexual abuse, rape or unwanted sexual contact.

Telephone: 01273 203380

Email: info@survivorsnetwork.org.uk

Website: <http://www.survivorsnetwork.org.uk>

- **As You Are Centre:**

Provides counselling and group support sessions for adults and children (located in Southwick). Fees are on a sliding scale of £8-£35

Telephone: Call: 07392 612771

Monday, Tuesday & Thursday evenings 6-9pm and Tuesday & Saturdays 10-1pm

Email: use contact box on website

Website: <http://asyouarecentre.co.uk/>

- **New Road Psychotherapy Centre:**

Offers counselling with a range of therapists, including lower cost spaces (£25) with trainees/therapists working towards accreditation.

Telephone: 01273 681 333

Email: use contact box on website

Website: <https://www.newroadpsychotherapy.com/>

- **The Phoenix Therapy Practice**

Offers counselling with a range of therapists, including lower cost spaces (£16 - £30) with trainee counsellors and psychotherapists.

Psychotherapy in Brighton and Hove | Phoenix Therapy Practice

Email : info@phoenixtherapypractice.co.uk

01273 256882 or 07388 469751

- **The Rock Clinic:**

Offers a range of psychological therapies (fees chargeable), including some lower cost counselling with trainee counsellors/therapists starting from £20.

Rock East is in East Brighton and Rock West is in West Brighton/Hove

01273 621 841 (Rock East)

01273 326 826 (Rock West)

Email: east@rockclinic.org.uk (Rock East) or west@rockclinic.org.uk (Rock West)

Website: <http://www.rockclinic.org.uk/>

- **Mankind:**

Offers therapeutic services to adult men who have had unwanted sexual experiences at any age.

Self-referral only via online form.

Website: <http://mkcharity.org/>

- **Cruse Bereavement Care:**

Offers support after the death of someone close.

Telephone: 0808 808 1677

Website: <https://www.cruse.org.uk/>

- **MindOut Counselling:**

Counselling run by and for LGBTQ communities. Applications can be made via the website.

Telephone: 01273 234839

Email: info@mindout.org.uk

Website: <https://www.mindout.org.uk/>

- **Release Counselling and Therapy for Women:**

A community counselling project that provides affordable counselling for women in Brighton & Hove, experiencing any mental health distress.

Telephone: 07954 216995 (Mon, Wed, Thurs)

Email: info@releaseforwomen.org.uk

Website: <https://www.releaseforwomen.org.uk/>

Finding a Therapist in Private Practice

Many therapists work in private at practice and provide a range of services to adults and children. Seeing a private therapist will often significantly reduce waiting times and offer a wide choice of therapists to work with. Therapists in private practice typically charge a higher fee than low cost or sliding scale services, therefore a private therapist may not be accessible for those on low incomes. Some private therapists reserve a small number of reduced cost spaces for those on low incomes.

The following directories can be used to find a private therapist:

<https://www.counselling-directory.org.uk/>

<https://www.sussex-counselling.co.uk/>

<https://righttherapist.com/>

<https://www.bacp.co.uk/search/Therapists>

<https://emdrassociation.org.uk/>

<https://babcp.com/CBTRegister/Search#/>

<https://www.psychotherapy.org.uk/find-a-therapist/>

Specialist Services for Children and Young People

• Wellbeing Service:

The Wellbeing Service (NHS) Community Wellbeing Service provides support for Children and Young People (4-17yrs) who are experiencing mild depression, anxiety, low self-esteem and relationship issues. If you would like to refer yourself or help someone else into the service, please complete the online self-referral form. You will then be contacted to discuss next steps.

Telephone: 0300 002 0060 Email: BICS.brighton-and-hove-wellbeing@nhs.net

Website: <http://www.brightonandhovewellbeing.org/>

• Young People's Centre:

A safe space where multiple organisations provide support for young people aged 11-19.

Telephone: 01273 322940

Email: counselling.ypc@impact-initiatives.org.uk

Website: www.impact-initiatives.org.uk/services/ypc